



StayWell@Work

# Monthly Strides

## Taking strides to better your health

### April Issue Includes

- **National Cancer Control Month**
- **National Autism Awareness Month**
- **National Public Health Week (April 5-11)**



### National Cancer Control Month

According to the National Cancer Institute, “Scientists estimate that as many as 50-75% of cancer deaths in the United States are caused by human behaviors such as smoking, physical inactivity, and poor dietary choices.” While not all cancers can be prevented, making healthy lifestyle choices can help control some cancer risk factors. Controllable risk factors include: tobacco use, diet, physical activity, environmental factors (e.g., chemicals, second hand smoke) and sun protection. Regular preventive exams are important to cancer prevention. Talk with your health care provider to find out what preventive exams you need and how often you should get them. To learn more about cancer prevention visit [www.cancer.gov](http://www.cancer.gov).

Visit StayWell Online at <https://delaware.online.staywell.com> and type “cancer” in the Search box to learn more.

### National Autism Awareness Month

According to NINDS, “Experts estimate that three to six children out of every 1,000 will have autism spectrum disorder.” Autism is a disorder in which the brain doesn’t develop normally. Common symptoms include: impaired social interaction, trouble speaking, not making eye contact and repetitive actions. Symptoms usually begin to show before age three and males are four times more likely to have autism than females. Currently there is no cure, but with behavioral and education therapy, starting from a young age, many people with this disorder can be helped.

Visit StayWell Online at <https://delaware.online.staywell.com> and type “autism” in the Search box to learn more.

### National Public Health Week

The goal of National Public Health Week is to make America healthier, one neighborhood at a time. Take part and improve health in your community by: donating to local food shelves, organizing a walk for charity, cleaning up the neighborhood park or volunteering your time. Small changes often lead to big results, so do your part today to make America a healthier place to live. Check online for many other ways you can help out your community.

Visit StayWell Online at <https://delaware.online.staywell.com> and type “public health” in the Search box to learn more.

**Sources:** National Institute of Neurological Disorders and Stroke: [www.ninds.nih.gov](http://www.ninds.nih.gov)  
National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)

